Uncover Why Children with Autism Experience Limb Pain

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Pain and recurring cramps are unpleasant. They're also common in children with autism spectrum disorder - making everyday tasks much more difficult than they ought to be.

What Causes Limb Pain in Children with Autism?

One potential explanation is magnesium deficiency. This mineral plays a key role in helping the muscles relax across the heart and skeleton.

When the body lacks the right amount of magnesium, the muscles can contract too much—leading to pain in one or more limbs. The potential problems, however, don't end there, as magnesium deficiency can cause even worse issues.

What Are Some Additional Problems Caused by Magnesium Deficiency?

Magnesium is responsible for several physiological functions. As a result, prolonged deficiency can contribute to the following conditions:

- Constipation
- Convulsions
- Sleep disorders
- Chronic Fatigue
- Nervousness
- Hyperactivity